



Tobacco Prevention Resources

Utah Quitline Facts



TELEPHONE NUMBER
1-888-567-TRUTH
(1-888-567-8788)

TTY: 1-877-777-6534

SPANISH:
1-877-629-1585

HOURS OF OPERATION
Monday -Thursday:

6 a.m. to 10 p.m.

Friday:

6 a.m. to 8 p.m.

Saturday:

7 a.m. to 6 p.m.

Sunday:

7 a.m. to 6 p.m.



TARGET POPULATION

Teen and adult tobacco users in Utah.

INTERVENTION DESCRIPTIONS

Callers to the Quit Line are eligible for one or more of the levels of service described below. Eligibility for adults is determined by the caller's insurance coverage, readiness to quit and caller's preference. Eligibility for teen callers is determined by the caller's readiness to quit and preference.

LEVEL 1: INFORMATION AND REFERRAL

For callers not interested in quitting, or those looking for referral information only, resources and materials will be provided. A comprehensive database allows for callers to be referred directly to local cessation programs. All callers are offered a free Quit Kit with cessation information. The kit also includes a packet filled with items that can be used in lieu of tobacco, e.g., a worry stone, straw, etc.

LEVEL 2: BRIEF INTERVENTION AND COUNSELING

Callers who are not yet ready to quit will speak with a trained Cessation Specialist for up to 15 minutes. The Specialist will help the caller explore reasons for quitting and steps to take toward a successful quit attempt.

LEVEL 3: SINGLE IN-DEPTH INTAKE AND COUNSELING

Callers who are ready to quit may speak with a trained Cessation Specialist for up to 40 minutes. The Specialist will explore the caller's pattern of tobacco use, barriers to successfully quitting, and strengths that would contribute to a successful quit attempt.

LEVEL 4: INTENSIVE CESSATION PROGRAM

Callers interested in receiving follow-up services can enroll in the Quit Line's intensive telephone-based program. They will receive a series of four calls over a three to four month period with the timing of the calls dependent upon the caller's quit date and availability. A Cessation Specialist will provide a focused, purposeful intervention designed to enhance motivation and to facilitate behavior change.

